

NEWSLETTER



Sam's Corner: Summer Wrap- Up & Back to School!

It's the end of summer and back-to-school season is here! A big thank you to everyone who attended our annual summer camp, nine weeks of gymnastics, tumbling, water play, themed arts and crafts, and group games made for another fantastic season. Special shout out to Central Unified School District for having us host part of your summer camp programs. We enjoyed working with your supervisors and friendly bus driver and hope to be requested again for winter camp starting in December! As families settle into back-to-school schedules, check out our new programs, acrobatics and tumbling for cheerleaders remain popular, and our ninja program will be launching something exciting soon. Thanks again to all parents and guardians for making our gym the 'Best in the West'. We truly appreciate you all!

Summer Camp Memories: Thank You for Joining Us

What an incredible summer camp season we've had at Gym Beat! Our camps wrapped up a couple of weeks ago, and we're already missing all the excitement and energy that filled our gym every day. This summer brought so much joy with both our regular campers and the wonderful visit from Central Unified School students who joined us for some fantastic fun.

The highlight for many was our water play activities, which provided the perfect relief from the summer heat while keeping everyone active and engaged. Watching kids make new friends, learn new skills, and simply have a blast reminded us why we love hosting these camps every year.

Now that school has started, we hope everyone is settling into their new routines and enjoying their classes! Don't worry, our regular gymnastics classes are still ongoing and ready to welcome everyone back from their summer adventures. Thank you to all the families who trusted us with their children this summer. Your support made this one of our most successful camp seasons yet!

Acrobatics Classes: Strength, Flexibility, and Fun Combined!

Our Coed Kids' Acrobatics program continues to grow, and we're looking for more young athletes to join! Acrobatic gymnastics is a competitive discipline dating back to ancient Egypt where athletes work in pairs or groups to perform acrobatic figures, tumbling, and expressive choreography. As a co-ed sport, acrobatics builds extraordinary courage and trust among gymnasts and their partners.

This recreational class offers all the benefits without competition travel. In our 90-minute sessions, your child will learn beginning-level acro skills, performance techniques, hand balancing on blocks, flexibility training, and strength work. Students develop both mental and physical strength while building friendships and courage through partner stunting and teamwork, safely pushing past their limitations.

Coaches Daryl, Alex, and Lizzy lead these amazing and engaging classes designed for kids ages 6 and up with patience and expertise. As a growing sport in high schools and colleges worldwide, acrobatics even offers scholarship opportunities for dedicated student athletes.

Class Schedule & Pricing:

- Saturday: 10:00 AM - 11:30 AM (almost full!)
- Tuesday: 5:00 PM - 6:30 PM (need more students!)
- Monthly tuition: \$100 for 1 class per week or \$200 for 2 classes per week

With our one class almost full, Tuesday offers the perfect opportunity to join this amazing program!

**Don't wait!
Scan me to join!**



Gym Closure: Closed for Labor Day on 9/1

In observance of Labor Day, Gymnastics Beat will be closed on Monday, September 1st so all our families can enjoy this special holiday with friends and family. We'll reopen with our regular schedule on Tuesday, September 2nd. Thank you for your understanding, and we hope everyone has a relaxing and enjoyable Labor Day weekend!



NinjaZone: Fall Registration Now Open!

NinjaZone is one of the most exciting programs at our gym, blending gymnastics, martial arts, obstacle training, and freestyle movement into classes that kids look forward to each week. These classes keep kids active while helping them build strength, coordination, and balance. Just as important, NinjaZone teaches focus, discipline, and confidence—skills that carry far beyond the gym.

This fall is a great time to get started. For our youngest athletes, Little Ninjas (ages 3–5) provides an introduction to Ninja in a fun, age-appropriate way. Children learn safe movement, body control, and simple obstacle skills while building confidence and preparing for the next step.

For kids ages 5 and up, the Ninja program begins, with structured levels that help students grow at their own pace. Starting with Ninja White, students work through a clear progression, such as moving up to Ninja Yellow, Ninja Green, and eventually Ninja Blue. Each level brings new skills, challenges, and achievements, giving kids a sense of accomplishment as they advance.

We're also adding something new this fall. **Every child who registers in Little Ninjas (ages 3–5) will receive a free Ninja t-shirt.** It's a fun way to help the youngest athletes feel part of the Ninja community from day one. For older students, shirts are still optional for now, but we'll be moving toward making them a regular part of class in the future. Before that happens, families will have a chance to take advantage of a promotion on t-shirts.

We're excited to welcome more Ninjas into the gym this fall. Whether your child is just beginning in Little Ninjas or moving up through the Ninja levels, they'll find a program that challenges them, builds confidence, and gives them the chance to flip, climb, and roll their way through new adventures!



Upcoming Camps: Turkey Camp & School-Day Camps

Turkey Camp will be making its return this November. While it's still a little ways off, we wanted to let families know early so you can plan ahead. We're looking forward to welcoming everyone back when the time comes.

In addition to Turkey Camp, we will also be offering special day camps throughout the school year whenever schools are closed. These camps are a great way for kids to stay active, enjoy a full day of gymnastics and games, and spend time with friends in a safe and fun environment. For parents, they provide an easy option for childcare on school holidays.

There will be several opportunities for these camps over the course of the year, so we encourage families to keep an eye on our announcements as each school holiday gets closer. We'll share details and registration information in advance, and we're excited to see the kids back in the gym for these special days.



NINJAZONE®

The Hidden Benefits of Gymnastics: More Than Meets the Eye

When parents think about gymnastics, they often focus on the obvious benefits: strength, flexibility, and coordination. However, research from sports medicine and child development studies shows that gymnastics offers numerous hidden health advantages that extend far beyond physical fitness.

Bone Health for Life Gymnastics is a high-impact, weight-bearing activity that significantly improves bone mineral density during childhood and adolescence. The American College of Sports Medicine has identified gymnastics as one of the most effective activities for building peak bone mass. The jumping, landing, and tumbling movements create mechanical stress that stimulates bone formation, helping children develop stronger skeletal systems that protect against osteoporosis and fractures later in life.

Enhanced Brain Function and Academic Performance

The complex, multi-planar movements required in gymnastics create new neural pathways and enhance brain plasticity. Research in motor learning suggests that gymnasts develop superior spatial awareness, working memory, and processing speed. The sport requires athletes to mentally rehearse routines, visualize movements, and make split-second decisions - cognitive skills that transfer to academic performance and problem-solving abilities.

Superior Injury Prevention Despite common misconceptions about gymnastics being injury-prone, properly taught gymnastics actually serves as injury prevention for other activities. The sport teaches athletes how to fall safely, land properly, and maintain body control during unexpected situations. The proprioceptive awareness developed in gymnastics - the body's ability to sense its position in space - significantly reduces injury risk in daily activities and other sports.

Postural Health in the Digital Age With children spending increasing amounts of time hunched over devices, the postural benefits of gymnastics are more important than ever. The sport strengthens the deep stabilizing muscles of the core and spine while promoting proper alignment patterns. Regular gymnastics training can counteract the forward head posture and rounded shoulders common in today's youth.

Benefits Across All Ages At Gymnastics Beat, we see these benefits across our entire age range. Our youngest students, ages 3-5, develop fundamental movement patterns and body awareness that serve as the foundation for all future physical activities. Children ages 6-13 build upon these skills while developing the strength, flexibility, and coordination that will benefit them throughout their lives. Our adult classes prove that it's never too late to experience gymnastics benefits, adults often report improved posture, increased strength, better balance, and enhanced mental well-being from their training.

Mental Health and Emotional Resilience The goal-oriented nature of gymnastics builds mental toughness and emotional regulation skills. Learning to manage fear, overcome setbacks, and persist through challenges develops resilience that extends beyond the gym. The physical activity itself triggers the release of endorphins and other mood-regulating neurotransmitters, supporting mental health and stress management.

Whether you're 3 or 73, gymnastics offers unique health benefits that extend far beyond what happens in the gym. These advantages make gymnastics not just a sport, but a lifelong investment in health and wellness.

